

INOCULATION

M A D E E A S Y.

C O N T A I N I N G

A Full and True DISCOVERY of the METHOD practised in
the County of *ESSEX*.

In which County alone, upwards of Fifteen Thousand People have
been INOCULATED within these Two last Years, without the
Loss of One Single Patient, or the least dangerous Circumstances.

BEING INTENDED FOR THE BENEFIT

Of Masters and Mistresses of FAMILIES, and the Public in General.

The Whole Art being laid down in so Clear and Easy a Method, as to
render any one capable of INOCULATING themselves and others,
with the greatest EASE and SAFETY.

W I T H

A TRUE RECEIPT to make the PREPARATIVE POWDERS,
REPELLENT PILLS, and the PUNCH used in INOCULATION.

Re commendetur, non auctoris nomine.

PHÆD.

The F I F T H E D I T I O N.

L O N D O N :

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T O T H E
P U B L I C.

THE terrible Havock the *Small Pox* hath of late made amongst Mankind in several Parts of the World, together with the fearful Apprehensions so many Thousands now lie under dreading the Effect of this fatal and sore Disorder, induce me to offer the following Pages to the Public. For I cannot appear justifiable to myself, that a Secret which hath never failed to procure this Distemper in the most safe, easy, and mild Manner, should be any longer kept from the Public. But, in the Prosecution of this (perhaps) a few Individuals, whose principal Motive is Self-Interest, may be offended at my publishing that to the World which they think should be confined to the Faculty only. The Health of the People, is, I think, a sufficient Reason for it; and to answer this Purpose more effectually I shall omit all obscure Phrases and technical Terms; as the Intention of this is not to display the Knowledge of Works, Humanity being the leading Principle; as for Advantages, I want none. Humane it must evidently be, to point out a certain, plain, and infallible Method of relieving the Distresses of our Fellow-Creatures: Few Disorders have produc'd more public Calamity than that loathsome Distemper; and from Time to Time, the most eminent Physicians have on those Occasions found themselves at a Loss.

Therefore a Method is here offer'd, not only regarding the preparation of the Patient, but likewise the Treatment during the whole Progress till the Cure be compleat; the Efficacy of which being
hereby

hereby laid open to the Public, and the surprizing salutary Service resulting, will speak more for the Author than any Apology he can make.

Discoveries of any Kind, however rational or beneficial, are generally received at first with some Degree of Doubt : It must not therefore seem strange if this should be objected to by some, who, for want of other Arguments, will quarrel with it on a religious Account. But such good People should consider, That the Almighty God in his great Mercy to Mankind hath taught us a Remedy to be used to prevent the fatal Effects of the *Small Pox*, upon the Use of which, the Patient will be unattended with those direful and dreadful Apprehensions, so long the Companions of this Distemper ; and in consequence of the Means here offered, neither Health nor Life in Danger from it : To these People then I appeal, whether a Christian may not employ this Remedy, and be very thankful to the Supreme Being for his Good Providence in causing Mankind to be able to make a discovery, so beneficial and valuable in its Nature ; and for the peculiar Blessing attending Success thereof, evidently enjoyed the Thousands who have happily and safely recovered without Pain, or even Confinement to their Beds.

But possibly there may be those, whom no Arguments can prevail upon. I shall therefore spend no Time in the Attempt to convince them of the Lawfulness and Goodness of the Practice of Inoculation, but refer them to Experience, which may probably open the Eyes of those few opposers of this safe and salutary Method : The whole of which I have endeavoured to lay down in a plain and easy (tho' not elegant) Manner ; for my Endeavour is to be understood by every Body, and the Reader may depend that no Medicine is here offered but what is founded upon, and is the Result of, long Observation and Experience.

INOCULATION.

 I N O C U L A T I O N

MADE EASY, &c.

THE fatal Consequences which in general attend that loathsome and very dangerous Distemper, the SMALL Pox, and the dreadful Havock it has made, from Time to Time, amongst Mankind, has induced several humane, learned, and able Men, to use their utmost Endeavours to find out a Method to render this alarming Disorder more mild and favourable. INOCULATION was then thought on. The *Greeks* are said to be the first Nation that practised this Method; the *Turks* are supposed to have borrowed it from them, and used it with the greatest Success, not only for the *Small-Pox*, but even for the *Plague* itself. The frequent Accounts we had of their great Success in almost putting a Stop to the Fatality of this fore Distemper, induced us to follow their Example; but, however, it was practised by us, at first, with no very considerable Success, yet it proved much more favourable in its Effects than the natural Kind. This occasioned several other Attempts towards a farther Improvement, and it has, from Time to Time, been brought to a still greater Degree of Perfection; so that out of an Hundred Patients, perhaps only Two or Three have lost their Lives; tho' a great Part of them have had the Distemper in a very sore and terrible Manner. But by the Assistance of an Almighty Providence, we have now brought it to the very utmost and greatest Degree of Perfection imaginable; so that in fact it now ceases to be any longer a Distemper: What can be

a greater Proof, what can ascertain the Excellency of this new Method more than the plain and convincing Demonstrations we have before our Eyes, and the Thousands of living Witnessess to prove it? Among Fifteen Thousand People, or more, who have been inoculated, (within Thirty Miles round the Town of *Chelmsford* in *Essex*, and within the Space of these two last Years) not a single Patient has lost his Life; and what is still more extraordinary, they have had this Distemper in so mild and favourable a Manner, that the greater Part of them have been capable of carrying on their Trades and Business during the whole Time, not being confined by it one Hour to their Bed or Room; except, out of a Compliment to those who have not had it, and would be fearful of catching it from them, some may have been induced to keep up a few Days, but not from the Effect of the Distemper. This Method has also these several Advantages with it; *viz.* That it has been tried, and answers with all Ages and Complexions, on every Constitution; the robust and infirm, the black and the fair, the corpulent and the lean; and in each extreme Season of the Year, the Summer and the Winter. Nor has it failed in any one Instance; the Patient being subject to very slight Symptoms, sensible of very little Sickness; nor do what few Eruptions they have, ever leave any Scars or Pits behind them.

The many favourable Circumstances which in general attend this Method of Inoculation, hath occasioned some Enemies to the Practice to say, that the Patients are liable to have it again; but this Notion is false, weak, and absurd, as may be proved from numberless Cases; one of which very lately happened under my Inspection. A Farmer's Son, about Twelve Years old, a robust corpulent Boy, was inoculated, but never ailed any thing, nor had so much as one Pustule that appeared upon him, except a small kind of a Scab upon the Part where the Matter was introduced. Both the Boy and Parents were very uneasy, being persuaded, that no Person could have the *Small Pox*, and be perfect in Health all the Time, and without the least Eruption; but, to satisfy them, I made the Boy go to a Patient, who then had it in the natural Way, and a very bad Sort, being dangerously ill. The Boy continued with him an Hour; touched his Hands; received his Breath; and even went so far, as to take
some

some of the Matter from a ripe Pock, and put upon a Scratch he then had upon his Hand, but to no Effect, not having had the least Symptom of any Disorder, but continues to enjoy a perfect State of Health, it being about six Months since his Inoculation. I therefore am satisfied, that those who have no other Mark of the *Small Pox* but the Incision, are as secure as those who have it more plentifully: nor can one Instance be produced of any one Person that has been properly inoculated, who could ever catch it after, either by Contagion or Inoculation.

I think it unnecessary to say any thing farther in Behalf of this excellent Method of alleviating the Distemper: therefore shall immediately proceed to lay before my Readers the Manner and Medicines, which are attended with all those extraordinary Virtues abovementioned.

First, As to the Manner of preparing the Body to receive the Infection.--But as the Preparation is material, and of some Importance, I hope no one, who intends to be inoculated, will be so far an Enemy to themselves, as not to be strictly careful and attentive to the Rules here laid down; which are meant to lower the Blood and Humours, and render the Body sufficiently prepared to receive the Infection in the most favourable Manner.

You must abstain from all Salt Provisions whatever; nor must you eat any Kind of Meat or Butter; nor drink Beer or Spirituous Liquors, not even Wine; Cheese and spiced Foods are likewise prejudicial.—But to make it more clear, I have set down a Regimen, or Method of preparing, which must be continued and persevered in for Nine Days at least, and is as follows:

Directions for preparing for Inoculation.

The DIET for BREAKFAST.

Tea, Coffee, or Chocolate, with dry Toast, or ordinary Cake; Rice-Milk; Milk-Gruel; Skimmed Milk; Honey and Bread, &c.

For DINNER.

Plumb or Plain Pudding with Vinegar Sauce, which is made by adding Sugar and Vinegar to a proper Quantity of boiled Flour and
Water:

Water ; Rice-Pudding ; Apple-Pudding ; Apple-Pye ; Rice-Milk ; Frumenty : And the Productions of the Kitchen-Garden, with the Use of Salt.

For SUPPER.

Any of the above Spoon-Meats : Roasted Potatoes : Turnips, &c. But, if it can be complied with, going to Bed *Supperless*, and to eat sparingly even at other Meals, will be most proper : and, as observed above, to abstain from all Flesh, Butter, Cheese, and spiced Food. Most Kind of Fruits may be eaten at pleasure, except on the Physical Days.

D R I N K.

In common it may be Toast and Water, Milk and Water, Lemon and Water, or Imperial Water ; abstaining from all spirituous, vinous, and malt Liquors. Moderate Exercise withal is necessary.

Directions for taking the Preparative Powders.

After having strictly observed the foregoing Rules for Nine Days, you must take one Dose of the Preparative Powders at Bed-Time, in the Pulp of a roasted Apple, or any Jelly, and next Morning an Ounce of *Glauber's* Salts, dissolved in a little boiling Water, drinking plentifully of Water-Gruel, Cheese-Whey, or small Tea, as they work. The Patient should be very careful of Cold, during the Operation of the Physic ; and if it does not operate six or Eight Times in about six Hours, it will be necessary to take half an Ounce more of Salts, (more or less as Occasion requires). Or if they be vomited up shortly after being taken, as soon as the Sickness is entirely off, half an Ounce more of Salts must be given. More Powders and Salts are to be taken as above, omitting Three Days between each Dose: It will be requisite for the Patient to have a Stool on each of the intermediate Days during the Preparation, in order to which, stew'd Prunes, Roasted Apples, or Tamarinds, should be eaten occasionally.

I shall

I shall now inform my Reader how to make all the Medicines to be used throughout the Disorder, which are as follows.

The Preparative Powders.

Take ten Grains of Calomel (or *Mercurius Dulcis*) and one Grain of factitious Cinnabar, and mix them well together for one Dose.

N. B. Three of these Doses are to be taken, omitting three Days between every Dose.

Notwithstanding I have only ordered three Doses before Inoculation; yet, for those who have lived freely, and for strong Constitutions, it would be adviseable to take five or six Doses, omitting two Days between each Dose. They act as a Purge, and it is a most useful and necessary Precaution to observe, to keep the Body open; as the Salts of the Bile are the grossest, and seem to have the greatest Connection with the various Symptoms of the Distemper. From the opportune Use of Purging in the Beginning of the Disease, I observed the greatest Advantages accrue through the whole Progress of it; as, the bilious Salts being discharged by their proper Channel (the Humours not being impregnated with them) have less Acrimony, and the Irritation has of Course been diminished. An Example of which I shall here give.

Some Time last Spring, an Hostler at an Inn near *Malden* in *Essex*, was prepared by the above Medicine for Inoculation; but after having prepared for three Weeks, and being fit to receive the Infection, we were obliged to postpone it, on Account of his not having a Place to go to, to be taken Care of 'till it was over; for several of the Family in which he then lived never had the *Small Pox*, consequently were fearful of catching it; but the Man persevering in his Intention of being inoculated, declared that he would continue preparing, 'till he could find a proper Place to be at. He continued preparing three Weeks longer, at the End of which Time, the Family agreed to let him be inoculated, which he accordingly was, and went about his Business as usual; he never ailed any thing, and had only two Eruptions, or Pustules; and I saw him at plow while they were upon the

Turn: he has since lived in a Town where it was in the natural Way, and that very fatal, but has continued to enjoy a perfect and free State of Health ever since. I attribute the Slightness of the Disorder to the Length of Preparation; for *Hoffman*, that good and great Physician, has given his Opinion, that Doses of Calomel, repeatedly taken, will so far eradicate that Distemper, that scarce one Pustule shall appear, and the Patient feel no Sickness, and yet be as secure from the Distemper as if they had it ever so full.

A Child of six Years old may take a fourth Part of a Dose; from eight Years old to twelve, half a Dose; and from twelve Years old to fifty, a whole Dose; from sixty Years old to an hundred, half a Dose; be careful not to omit taking the Salts in the Morning, as before ordered. A grown Person may take from half an Ounce to an Ounce, Children half an Ounce only. These POWDERS greatly cleanse the Blood; are not only very effectual to prepare the Body for the *Small-Pox*, but may also be depended upon as a never-failing Remedy for Worms, as it scours away those roped viscid Humours which are apt to breed them in the Bowels. They may be taken with the greatest Safety by Men, Women and Children, observing the above Rules. They are good likewise in Cutaneous Disorders, such as Foulness of the Skin, or Sores or Ulcers, and teterous Eruptions, the Itch and Leprosy: and those who are unwilling to be Inoculated, yet fearful of catching the *Small-Pox*, in the natural Way, may, in a great Measure, be secured from it, by taking the above POWDERS; for it purifies the Blood in such a Manner as to render it less liable to receive the Infection. Or if the Distemper should be caught after taking the POWDERS, the Patient may depend upon having it in a more favourable Manner. These POWDERS are also very valuable as a common Purge in the Spring of the Year; and with this Advantage, that they are very easy in their Operation, and never occasion those griping Pains which so frequently attend the common Purges; but Salts must, in all Cases, be taken after them. Observe, that when Children, from two to five Years old, are to be Inoculated, it will not be proper to give them the POWDER, but instead of it you must give them a Dram of Manna dissolved in
warm

warm Milk or Water; repeat it each Day, and continue it for a Week or ten Days, at the End of which Time you may Inoculate them.

After the Patient has sufficiently prepared himself by strictly following the Directions for the Regimen; that is, having dieted himself one Week, and the next Week, dieting as before, has taken his POWDERS, he is now fit for Inoculation, which is very easily performed as follows: You must get some Matter out of a ripe Pock upon the Point of a Needle, sharp-top Pen-knife, or Launcet, and with any of these Instruments (having the fresh Matter on its Point) you must make a small Incision or Prick on the Arm, between the Elbow and the Shoulder; you need only make the smallest Drop of Blood appear, and wiping the mattery Part of the Instrument on the Place, 'tis done. In about four or five Days the Inoculated Part will grow a little red; in a few Days more it will rise to a Kind of Pustule, having Matter in it; after which it decreases and goes away of itself. Several Patients have only had this Eruption, and no other Appearance of the *Small-Pox* upon them; but it is as effectual as having a large Number of Pustules. In about six or seven Days after the Inoculation, the Patient sometimes feels a Kind of a slight Pain in the Inoculated Arm, in his Back and Head, but all those Symptoms soon go off. About five Days after the Inoculation, the Patient (if of a robust gross Habit of Body) must at Night, going to Bed, take one of the *Repellent Pills*; if it operates but little, take another in the Morning; if that should have no considerable Effect, take two more Pills again at Night; on the contrary, take only one, the Remainder to be taken the next Morning. The Intention of these Pills are to carry off the Matter which would occasion Eruptions. The Pills are made as follows *.

* The Patient must observe to continue strictly to the Regimen till all the Symptoms of the *Small-Pox* have left him: which, from the Preparation to the Recovery, is generally about three Weeks.

The REPELLENT PILL.

Take ten Grains of Kermes Mineral *, twenty Grains of the best Socotrine Aloes, and ten Grains of Camphor, add a sufficient Quantity of Spirits of Wine, to make them into a Mass for Pills, which is done by beating them together in a Mortar; of this Composition make four Pills.

N. B. You must first pound the Camphor with a few Drops of Spirits of Wine, then mix the other Ingredients. But now these Pills are but little used, as Regularity in Preparation is sufficient without them.

Some few have a slight Fever at the Time of breeding the Pock, those are desired to drink plentifully of the following Decoction, or *Punch*, as it is termed in *Essex*.

The Patient may have it made, or make it himself, the Design of which is to carry off the Fever. The Receipt is as follows.

Take unground Oats a Handful, and boil them for some Time in a Quart of Spring-Water, then strain it, with which mix half an Ounce of antimoniated Nitre, half an Ounce of Citron, or Lemon juice, and an Ounce and half of the Syrup of Violets. About six or seven Days after Inoculation this Liquor should be drank very plentifully, as it tends, from its cooling Quality, to carry off every Symptom of the Fever.—[The Ingredients may be had at any Apothecary's; nor must the Patient be without it.

But to make this useful Liquor more cheap and easy to the Poor, I have set down another Method, which in a great Measure will answer all the Intentions of the first, and is as follows.

Boil a Handful of Oats in a Quart of Spring-Water, add to it after it is strained, half an Ounce of Salt-Petre; sharpen this Liquor with a little Lemon Juice or Vinegar, and sweeten it to the Palate with brown Sugar or Honey.

This will not be so pleasant as the first Method of making it, tho' almost as effectual; by drinking plentifully of this the Fever will be

* For the Virtues of Kermes Mineral, See Dr. James's Dispensatory.

almost immediately lowered. The first taking of it should be to drink half a Pint, or more, at going to Bed at Night.

The Virtues of this Decoction are not confined only to the *Small-Pox*, but will effectually cure most common Fevers, if drank plentifully; observing, if the Body should be costive, to keep it open by taking a Dose of Senna and Prunes, by way of Purge.

I have experienced two Cases, wherein the Patients, by their own Imprudence, (notwithstanding they had the *Small-Pox* in so favourable a Manner as scarce to be distinguished, yet, by drinking spirituous Liquors, and other Irregularities, brought on a most violent Fever, which was entirely subdued by a few Times taking plentifully of the first Decoction; and the Patient not only recovered, but enjoyed a more perfect State of Health than before Inoculation.

I have now gone through the whole Progress of the Cure, and if all the Rules here laid down are strictly attended to, the Patient may depend upon having the Distemper in the most favourable Manner:

The great Success which in general attends this Method of Inoculation is no ways surprising; nor need we wonder at so many dying with it that have it in the natural Way; for when we consider, that while the contagious Matter is exerting its Malignity upon the Humours, (which is generally seven or eight Days) Quietness, Moderation in Diet, together with cleansing Medicines, and every thing else is strictly observed in Inoculation; whereas many incur the natural Distemper on a sudden, when the Blood is heated with Wine and Exercise, by which Means all the Symptoms must necessarily prove more severe and dangerous.

I would also observe, that I do not pretend to persuade the Public, that all the Inoculators in *Essex* make use of these Medicines exactly as here set down, or that all of them make use of the same Compositions: I only say that the greatest Success may be depended upon from a proper Use of these Medicines, they having all that Virtue comprehended in them, which is necessary to render the Disorder mild and favourable, as I have happily experienced by the Number of Patients, who have recovered from this Distemper without being confined to their Bed, or scarce sensible of any Pain.

I shall conclude this Treatise with some few Cautions to those who take the Medicines. Those of a very weak and delicate Constitution,

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may prepare with taking only half a Paper of the POWDERS at a time with the Salts, and go on till all the Papers are taken. In case the POWDERS should cause the Mouth to water, or an Inclination to Spitting, (which I never knew happen in the Course of my Practice) upon such an Occasion, the Patient must take larger Doses of Salts, and about an Hour after take near half an Ounce of Flour of Brimstone, which will prove an effectual Remedy. Be careful of the Subject which you Inoculate from, that it be a mild and favourable Sort, and that the Person is free from any other Distemper. The Patient, as I have before observed, must the first Week prepare by Diet, &c. the next Week take the POWDERS, (living as by Direction above) then Inoculate, and upon breeding the Pock, drink plentifully of the *Punch* before mentioned, and he will find this Method answer his most sanguine Wishes.

N. B. *In about a Week after the Small-Pox is quite over, it would be necessary for the Patient to lose a little Blood, and take a Dose of Salts.*

Some few CAUTIONS, with OBSERVATIONS on the superior Advantages of Inoculation.

IT must be observed, that during the whole Time of breeding the Pock, a cold Regimen is to be strictly attended to. The constant Drink should be Sherbet, which is a Mixture of Sugar, Water, and Lemon; to which should always be added a small Quantity of Nitre, so as not to render the Sherbet disagreeable to the Palate. This Liquor, though simple in itself, is of great Virtue in keeping the Body both open and cool. Observe, that this, and all other Liquors you drink, must be without any Spirit, and quite cold,—nothing warm on any Consideration. It would not be so adviseable to Inoculate Children while cutting their Teeth, by Reason of their generally being attended with a Fever at that Time.

The best Subjects to procure the Inoculating Matter from, are Children who have it favourably, and are naturally healthy, and free from all Scorbutic, and other Disorders.

It is quite necessary that Patients should abstain from all Excess, both in Eating and Drinking, and live very regular for a Week or more,

more, before they begin to prepare; and after they have recovered from the Distemper, to live upon simple Aliments, and that pretty moderate at first, so that they may come gradually to their usual Diet. Some Patients not having paid a strict Regard to this, have given Room to the Enemies of the Practice to speak against it; by observing that some Patients have not enjoyed so good State of Health after Inoculation, as before; but this has very rarely happened; and if it ever has, it did not proceed from a Fault in the Practice, but a Fault in the Patient; who, from very low living has immediately run into all Manner of Excess and Debaucheries; the Consequence of which needs no Explanation.

The Patient, during the Distemper, (though by Inoculation scarce worthy of being called a Distemper) should wear no more Cloaths than at other Times, but endeavour more to keep themselves cool than hot.

It is to be hoped, that these Cautions will be attended to by all Patients, as it will be every one's Benefit, as well as Duty, in all States and Circumstances, to conform to those Rules and Means which tend to preserve Life, as Inoculation, through the Blessing of God, certainly does, which may be proved from the Bills of Mortality; in which it appears, upon a very fair * Calculation, that Ten out of One Hundred died of the Natural *Small-Pox*. Inoculation certainly enables us to obviate most of those accidental Circumstances that add to the Danger of the *Small-Pox* itself: as, in the first Place, it puts it in our Power to determine the Season of the Year, the Age of the Patient, and to be sure that the Constitution is properly disposed to receive the Infection. It likewise gives us Time to remove or correct those habitual or accidental Disorders that might render the Event of the Distemper precarious.

Again; those Boils, Sores and Tumours which frequently happen after the Natural *Small-Pox*, scarce ever happen after Inoculation, those corrupt Humours, which are the Cause, being evacuated by the preparative Physic.

* It appears by the Bills of Mortality for Forty Years, in and about *London*, and by a Supplement of Four Years to the old Bills, that some Years an Eighth Part of the Number are carried off by the *Small-Pox*; and that, upon an Average, this Distemper sweeps away, in the natural Kind, the fourteenth Part of Mankind, or Seventy Two out of a Thousand.

Another great Danger in the Natural *Small-Pox* is in the Secondary Fever, which comes on at the Time of Suppuration; but in Inoculation this scarce ever happens; the Body being prepared, nothing remains to encourage the Fever.

To be brief; there is no arguing against Facts; the Safety and Success of this Practice have, and will continue to speak its own Merits.—I have now gone through my Design, and shall only observe, that I have used my best Endeavours to form such a System of Management of the Inoculated Persons as will be most conducive to their Security through the various Stages of this Distemper, which was the sole End and Intention of this Publication; in which if I have advanced any thing that can be useful to the Public, by the Preservation of Mankind, I shall think myself happy. If I am mistaken in any thing, as I have no Design to deceive, I shall be glad to see my Errors corrected; all I ever intended is to be useful; and as Inoculation for the *Small-Pox* has been the Occasion of the greatest Happiness, both to the Public and Individuals, by its adding to the Strength of the Nation, and by preserving Numbers of People, being the Foundation of Security and Quiet to the Minds of those who have overcome the Danger, and are past the Fear of the Distemper; so it must likewise be a Comfort to those who have never had it, to be capable of procuring it in so easy and favourable a Manner.

T H E E N D .